

## **Front clinch takedown**

Level change

Double or one underhook

Drive your head forward and your elbow downward → break the posture

Your knee is in the knee pit

## **Closed guard**

Knee pull:

- before attacking u have to break the posture
- constantly break the posture
- If opponent on the knees: bring one arm across the centerline
- If opponent on feet: ankle block → knee pull

Principles:

Leverage (knee pull) and angular position (arm across the body centerline)

Link (Gordon Ryan):

<https://www.youtube.com/watch?v=nU9YxDabnSU>

Kimura from closed guard:

1. Inside position with your hands → bring opponents hands down to the hip or to the floor (2-on-1), thumb grip
2. Knee pull over your shoulder
3. Lock kimura as opponent tries to posture up!
4. Bring opponents elbow to line up on the shoulder line (opponents elbow under your armpit)
5. If opponent locks the arm → move your hip up
6. If opponent is very strong → hook your feet under opponents feet